



Are You At Risk of Osteoporosis?

Osteoporosis is the disease that causes bones to lose their density. The bones deteriorate and weaken, becoming more brittle and fragile, increasing the risk of fractures. It is a silent disease, as many people are not aware that they have osteoporosis until they suffer from a fracture.

In ageing women, we are all aware that osteoporosis is a common problem, as the density of the bone starts to decrease with age. During menopause transition, this decrease is even accelerated, due to declining oestrogen levels.

But do you know that osteoporosis does not only affect post-menopausal women?

Men too, can also suffer from osteoporosis, even though many men today do not think that the problem will hit them. Since women suffer from menopause, men also experience something similar - andropause. This normally occurs to men between ages of 40 to 55. Like women who face a drop in oestrogen levels, men will face a decline of testosterone levels. This will lead to an increased rate of bone loss, apart from other gradual changes such as fatigue, loss of energy and agility.

This is why we can say that osteoporosis can be a problem, or potential risk for all of us, regardless of gender. If you are still young, start taking care of your bones now. And even as you get busy with work and lifestyle, continue to maintain an exercise regime daily, such as going for a walk in the mornings, or simply climbing the stairs instead of lift. Most importantly, take note of your diet. Get sufficient calcium from dairy products like milk and yogurt, as well as calcium rich foods such as sardines, almonds, legumes, broccoli and soy milk. These are great for your bones!

Alternatively, you may partake health food supplements such as HDI Liquid Royale Jelly and Clover Honey.

Royal jelly, the amazing substance also known as “Bee’s milk”, may help with slowing down our ageing process and keeping us rejuvenated and youthful. Do you know that it may also help with calcium absorption?

Studies conducted on royal jelly showed that it may help to prevent osteoporosis through stimulating the bones ability to absorb calcium, inhibiting the progression of bone loss. At the same time, it helps stimulate bone formation. HDI Clover Honey, well-loved and taken by many people, may also be able to help with the absorption of calcium into the body.

Researched shown that honey and its carbohydrate constituents (such as fructose and glucose) helped enhance calcium absorption.





您是否患有骨骼疏松症的风险？

骨骼疏松症是由骨质流失所引起的。骨骼开始变得较薄，没那么强壮，导致容易脆裂和折断，增加骨折的风险。骨骼疏松症是无声无息的疾病。许多人在发生骨折时才知道自己患有骨骼疏松症。

我们都知道，对年长的女性，骨骼疏松症是常见的问题。随着年龄的增长，骨骼密度开始下降。更年期期间，体内的雌激素下降，更加快造成骨折的流失。

您是否知道骨骼疏松症不仅影响停经后的女性？

男性也会患上骨骼疏松症，不过许多男性却不以为然。事实上女性有更年期，男性也有同样的经历 - 男性更年期。这通常发生在40至55岁之间的男士。男性的睾酮水平下降，导致骨质流失增加，以及其他变化如疲劳，失去精力和耐力。

因此，无论男或女都有患上骨骼疏松症的潜在风险。当您还年轻时，就应该开始保护您的骨骼。无论您的工作和生活有多繁忙，您必须坚持每天运动，如早上到公园散步，多爬楼梯取代搭电梯。最重要的是，注意您的饮食。多吃乳制品以摄取当中的钙质如牛奶和酸奶。还有一些高钙食品如沙丁鱼，杏仁，豆类，西兰花和豆奶。这些食物对骨骼有很大的帮助！

另外，您也可以服食健康补品，如HDI液状蜂皇乳和苜蓿蜂蜜。

蜂皇乳或称“蜂乳”，有助减缓自然老化过程，让我们保持青春。那您可知道它也可以帮助您的身体吸收钙质？

研究显示蜂皇乳可促进骨骼吸收钙质的功能，抑制骨质流失进度，因此有助防止骨骼疏松。同时，也可以帮助骨骼组织成长。

HDI苜蓿蜂蜜是许多人喜爱服食的产品，它也有助身体吸收钙。研究显示蜂蜜和其碳水化合物成分(如果糖和葡萄糖)有助促进钙的吸收功能。



TESTIMONY | 见证

Recovered from a minor stroke with the help of HDI products

When my mother had difficulty in swallowing her food and drinks, we took her to see a doctor. Her blood pressure was 140/140. She was prescribed some medication. After a month, she was still unable to eat or drink well and would vomit the food she had eaten. We managed to consult with a doctor via telephone on her diagnosis and medication. My mother was not able to stand on her own and her mouth had paralysis. When I shared her photo via social media, someone advised me to give her bee based products. After taking HDI Clover Honey and Liquid Royale Jelly for nearly a month, my mother's vomiting stopped and her health gradually improved. She now looks fresher and is able to walk on her own. The paralysis of her mouth has improved and she is much healthier now.

HDI 产品帮助恢复微中风

当母亲在饮食方面有吞咽困难，我们带她去看医生。她当时的血压是140/140，医生开了一些药给她。一个月后，情况依然没有改善，会把她所吃的食物都吐出来。感恩当时能够通过电话咨询一名医生关于母亲的病情。我的母亲不能自己站立，嘴也瘫痪了，我通过社交媒体分享了她的照片，有人建议我给她服食蜂产品。在服食苜蓿蜂蜜和液状蜂皇乳将近一个月后，母亲不再呕吐，健康方面也逐渐好转了。她看起来很精神，能够行走。嘴瘫状况已经好转了。

Rostina Siregar
78 years old



TESTIMONY | 见证

Finally My Child Is Able To Talk

Since 6 months old, Miftahul Dina experienced body movement disorder. Initially she would get spasms and not able to move except her head. We immediately took her to physiotherapy and her condition slowly improved. But at the age of 4, she still could not speak. Moreover, she would have fever frequently followed by swelling in her face and legs. Doctor's examination showed that she had motor development disorder and kidney infection. Miftahul Dina started consuming HDI Liquid Royale Jelly, Propoelix™, HDI kids pollen products and Clover Honey. The results turned out to be very encouraging. Her health and kidney condition improved. Best of all, she is able to utter some words and understand the conversation of others!

我的孩子终于会说话了

当Miftahul Dina 六个月的时候，她的肢体动作常常受到干扰，起初她会经历抽搐，导致全身不能移动除了头部。我们立即带她去接受物理治疗，然后慢慢地她的病情开始好转。但是，直到她四岁，她仍然不能说话。此外，她经常发烧，脸部和腿部肿胀。经医生检查，她患有运动神经发育障碍和肾脏感染。我们的女儿被介绍服食HDI液状蜂皇乳，Propoelix™，儿童花粉产品和苜蓿蜂蜜。结果令人鼓舞，她的健康和肾脏状况有所改善，再加上现在她能够说些单词，并理解别人的谈话。

Miftahul Dina Qiyyima
8 years old



BUY 1 FREE 1 PROMOTION
May to July 2021



BUY 1 GET 1 FREE
买一送一



HDI Bee Botanicals™ Hand & Body Lotion

HDI Bee Botanicals™ Aloe Propolis Cream with Honey Extract

BSKIN BB Cream 30ml

BSKIN BB Cream 15ml

HDI Origins™ Bee Propolis Complex Capsules

Terms & conditions

- Free item(s) must be the same with purchased item(s)
- Purchase is entitled to 10% voucher (when top up to 56BV in the same receipt)
- Voucher cannot be used on this promotion
- No BV for free item(s)
- While stock lasts

条规

- 购买产品和免费产品必须一样
- 此购买可获得10%折扣券(在单张收据达到56BV)
- 此促销不能使用折扣券
- 免费产品无BV
- 存货售完即止

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BEE ULTRA PROMOTION

22 MAR - 31 MAY 2021



BUY 1 GET 1 FREE

凡购买一瓶，可免费得到一瓶



EP \$45 per bottle (24.7BV)

Benefits for Bee Ultra:

- Enhances men's stamina, vitality and endurance
- Heightens sexual drive and libido
- Improves active sperm count and motility

Bee Ultra的益处:

- 提升男士的活力和持久力
- 增强与正常化性欲
- 促进活跃精子数量和活力

Terms & conditions

- Purchase is entitled to 10% voucher (when top up to 56 BV in the same receipts).
- Voucher cannot be used on this promotion or any promotion items
- Promotion period is from 22nd Mar to 31st May 2021
- No BV for free item(s)
- While stock lasts

条规

- 此购买可获得10% 折扣券(在单张收据达到56BV)
- 此促销或其他促销产品不能使用折扣券
- 促销期为2021年3月22日至5月31日
- 免费产品无BV
- 存货售完即止

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